



# 2023-2024 MINNESOTA STATE HIGH SCHOOL LEAGUE

## Boys and Girls Nordic Ski Racing Rules, Policies, and Bylaws General Information

See the [MSHSL Handbook Page](#) for information regarding the following:

- Multiple Level Teams at Sub-Varsity Level
- Official Squad Size
- Substitution in MSHSL Tournaments
- Weather Conditions (heat, cold, lightning & air quality)

### CONTEST RULES

Refer to [Bylaw 402](#)

Except as modified by the League, the current rules practically applicable in the Federation International de Ski Rule Book shall be the official rules for all interscholastic meets which member schools participate.

### END OF SEASON

Refer to [Bylaw 411](#)

A. Student Participation on a Non-School Team While the Season is Still in Progress:

- 1) The season shall end when the student or the student's team has been eliminated from further participation in a League tournament series.
- 2) Students who have been eliminated from further participation in a League tournament series may participate as an individual or as a member of a non-school team in that sport.

B. School Team Practice and Competition:

The "end of season" shall be defined to be the last date of the state tournament in that sport.

- 1) Schools may continue to conduct practice and training for all squad members, including the students who have been eliminated from further individual competition in a League-sponsored series, until completion of the state tournament conducted by the League in that activity.
- 2) Dual contests may be scheduled after the start of the official League tournament series providing the school does not exceed the maximum number of games/matches/meets permitted in that activity.

C. No school may engage in any meet or meets, practice, training, or other activities between the end of the season and the opening of the next season.

D. During the Summer Vacation Period (Bylaw 208:3 Non-School Competition and Training—Team and Individual Sports) members of a high school team may participate on a non-school team and they may receive coaching or training from a salaried or non-salaried member of the student's sophomore, B-squad, junior varsity or varsity high school coaching staff in that sport provided the school has approved a summer coaching waiver for the coach or coaches of that sport.

### VIDEO TAPING ANOTHER SCHOOL'S GAME

It shall be an ethical violation to tape another school's game, meet or contest without their permission. Further it may be a violation of the laws governing copyrights. Each school owns the copyrights to their games, meets and contests. Taping another school's game without permission could constitute a violation of the copyright law.

## **RESPONSIBILITY FOR SPECTATOR CONDUCT**

In order to elevate standards of sportsmanship and encourage the growth of responsible citizenship among the students, member schools, fans and school personnel, the MSHSL held a Sportsmanship Summit and asked student participants to identify behavior expectations they felt should be in place at every school event.

These minimum behavior expectations provide a foundation upon which member schools, conferences, administrative regions and the League's Board of Directors can build specific guidelines for activities under their control.

MSHSL [Bylaw 409](#), RESPONSIBILITY FOR PARTICIPATING TEAMS, STUDENTS AND SPECTATORS, speaks to this issue directly, and Bylaw 409-2 specifically states that, "School officials shall be held responsible for the proper conduct of teams, team members, students and home spectators regardless of where the contest is being held."

In all MSHSL activities, each participating school shall designate a person or persons from that school to serve as crowd control supervisors or chaperones. MSHSL tournament staff may require school administrators to contact the tournament manager prior to the start of the tournament game so that they can be immediately contacted to respond to behavioral issues regarding their team members, students and/or spectators at the tournament site. Each supervisor or chaperone should be immediately identifiable to the students and to the tournament site ushers and other security personnel. This will help to coordinate crowd control between school supervisors and tournament site personnel. (8/9/05)

### **MSHSL MINIMAL BEHAVIOR EXPECTATIONS DEVELOPED BY STUDENT ATHLETES (5/31/23)**

- [Behavior Expectations](http://www.mshsl.org/behaviorexpectations) ([www.mshsl.org/behaviorexpectations](http://www.mshsl.org/behaviorexpectations))

### **MSHSL MINIMAL BEHAVIOR EXPECTATIONS FOR REGULAR AND POST-SEASON TOURNAMENT COMPETITIONS**

- Respect the American flag and the National Anthem.
- Spectators must wear clothing that covers the entire torso. Those who do not comply or who wear clothing that is vulgar, obscene or that in some other way inappropriate, as determined by school/tournament personnel, will be removed from the arena/stadium if they do not cooperate with this behavior expectation.
- The use of appropriate language is expected at all times. Profanity, negative chants, booing, trash talk, name calling, personal attacks or other acts of disrespect are unacceptable and must be immediately addressed by school and/or tournament administrators.
- Respect the game/contest. Under no condition shall anyone other than the members of the official squad enter the playing surface. No one may interfere with the contest in any way.
- Hand-held signs, which do not obstruct the view of others, will be permitted provided they are in good taste. Signs, message boards, "white" boards or other similar items contest/tournament officials deem to be in poor taste will be removed.
- Artificial noise makers (i.e. megaphones, cowbells, sirens, whistles, thunder sticks, and other similar items) are not allowed.
- Laser lights are strictly prohibited.

**THANK YOU** for supporting your student athletes and fine arts participants and for providing a positive environment in which educational activities are conducted.

## Nordic Ski Racing Information – Regular Season

See the MSHSL Official Handbook [Bylaw 501](#) for information regarding:

Maximum Number of Contests

See the MSHSL Official Handbook [Bylaw 502](#) for information regarding:

Daily and Season Player Participation Limitations

See the MSHSL Official Handbook [Bylaw 513](#) for information regarding:

- Contests
- Last Date to Join a Team
- Player Participation Limitations
- Practice Sessions before First Contest
- Season Begins

## RULE MODIFICATIONS

The MSHSL rule modifications have been made to the Federation of International (FIS) Competition Guide which serves as the governing body for interscholastic Nordic ski racing meets.

**MN 302.1.3.05** The Organizer appoints all other members. Recommended for the State Meet.

- Chief of Competition (logistics)
- Chief of Competition (Course)
- Competition Secretary
- Chief of Course
- Chief of Stadium
- Chief of Control
- Chief of Timing

**MN 303.1.1.05** Jury, State Meet:

- Tournament Director
- Technical Delegate
- Chief of Competition (logistics)
- Assistant Chief of Competition (Course)
- One other appointed official.

**MN 303.1.1.06** Jury, Section Meet:

- Technical Delegate
- Chief of Competition
- One other appointed official.

## TEAM SPRINT

**MN 326.4.1.05** TEAM SPRINT HEAT QUALIFICATION SELECTION

**TABLE A** Team Sprint Qualification Round (number denotes Section number and finish)

Round	1 <sup>st</sup> Place seed	2 <sup>nd</sup> Place Seed	3 <sup>rd</sup> Place Seed
1	Lottery 1,4,8	Lottery. Not to compete with 1,4,8	Lottery 3,5,7
2	Lottery 2,6	Lottery. Not to compete with 2,6	Lottery 1,4,8
3	Lottery 3,5,7	Lottery. Not to compete with 3,5,7	Lottery 2,6

### **MN 326.4.2.05 TEAM SPRINT ADVANCEMENT FROM THE QUALIFICATION ROUND**

The assignment of competitors to the final round is determined from the finish in the qualification round. The winner from each qualification round advances to the final. In addition, the next 5 fastest time also advance.

**MN 325.4.2.1.1 INDIVIDUAL SPRINT HEAT START PROCEDURE.** Follow the procedure listed in ICR 315.5. Heat Start Procedure.

**MN 325.2.1.1 NUMBER OF CORRIDORS.** 8 corridors/gates for sprint heats, (State Meet). 6 at the Section Meet depending on stadium configuration and the number of teams.

**MN 325.4.2.11** (Replaces FIS 235.4.2.10). **FALSE START PROCEDURE.** Any competitor who causes a False Start will be sanctioned by a verbal reprimand. Following the first False Start in a heat, if the same competitor causes a subsequent False Start in the same heat a 15 sec. penalty will be applied.

**MN 312.3.2.1 SKI CONTROL LINE.** Ski control line, 10-15 meters behind the finish line.

**MN 352.4.1.1.5 EXCHANGE ZONE PENALTY.** 15 seconds added to the team's time.

**MN 352.4.3 EXCHANGE ZONE OBSTRUCTION PENALTY.** 15 seconds added to the team's time.

**MN 325.4.1 TEAM SPRINT QUALIFICATION SELECTION.**  
STATE: Random sort. SECTIONS: Last year's team results.

**MN 206.1.1 MSHSL Uniform Requirements.** All team members and individual skiers shall compete in school-issued uniforms. This includes uniforms, headgear, and warmups. Advertisement of ski products, other ski team names (i.e., U.S. Biathlon, foreign national teams, U.S. Ski and Snowboard, Clubs, etc.), or graphic illustrations that are inappropriate to MSHSL principles is strictly prohibited and could prevent a competitor from starting a race.

**MN 206.1.2 Uniform/Headgear/Warmup Marking.** The only commercial marking on a uniform is a manufacturer's logo/trademark. The total surface area shall not exceed 2.25" squared.

**MN 222.8** U.S. Ski & Snowboard, the National governing body of FIS, has banned the use of wax products containing fluorocarbons at all sanctioned cross-country ski events for the 2022-23 season. The use of fluorinated waxes is prohibited in MSHSL contests.

**MN 310.1.1 Team Sprint course length** 1.2-1.4k.

### **ENTRIES**

The team entry form must be submitted to the section meet managers 48 hours before the section meet or at a designated time as determined by the Section Meet Manager.

### **EQUIPMENT FIS 310.2**

**Classical Pole Length:** In classical technique competitions, the maximum pole length must not exceed 83% of the competitor's body height.

### **DISQUALIFICATION**

**FIS 352.2** Follow the current 352.2-352.2.7 for rulings that are practically applicable.

## **PROTESTS**

**FIS 361.1** Follow the current 361.1-362.3 for rulings that are practically applicable.

**NO VIDEO REVIEW WILL BE CONSIDERED BY THE JURY**

## **CLERICAL ERRORS**

**MN 361.3.6.5** Errors for section/state meets must be reported and resolved before the awards ceremony.

## **Nordic Skiing Information – Post Season**

### **ELIGIBILITY DURING MSHSL TOURNAMENTS - SUBSECTION, SECTION AND STATE**

Refer to [Bylaw 206.4.B.1.d](#): A student must be fully eligible under all local school district policies, MSHSL Bylaws and Rules & Policies to be in uniform, occupy the bench or playing area, participate and receive individual/team awards, including all-tournament honors, in the awards ceremony.

### **MINIMUM REQUIREMENTS FOR PARTICIPATION IN LEAGUE-SPONSORED TOURNAMENTS**

Refer to [Bylaw 405](#) A member school must schedule a minimum of three interscholastic varsity games, meets or matches to qualify for League-sponsored tournament participation in that sport.

- Team: A member school must schedule a minimum of three interscholastic varsity games, meets or matches to qualify for League-sponsored tournament participation in that sport.
- Individual: A skier must compete in at least three separate high school ski meets to be eligible to enter section competition. A skier who has not been a member of the school team may not join the school team at League tournament time.
- Participation as a member of a school team will be counted if:
  1. A skier who is a member of the school's JV or B squad and is promoted to membership of the Varsity squad and attended regularly scheduled school meets.
  2. A skier who is a regular member of the school team and failed to participate in the three required meets because of illness, or injury. A physician must certify that the student was not permitted to participate.
  3. A skier who is a regular member of the school team and failed to participate in three required meets because of extreme family emergencies. The school principal must certify that the student may be permitted to participate.

## **CONDUCT**

All competitors are expected to conduct themselves in a sportsmanlike manner and to present a personal appearance that will reflect the highest credit upon the sport and their school. Competitors who bring discredit to their school or the sport may be disqualified from competition by a majority vote of the competition jury.

## **SPECTATORS**

No person shall hinder any contestant in a Nordic ski race. Team representatives not competing shall observe the race only at designated areas controlled by a marshal appointed by the meet manager. Violations will be subject to review by the race committee.

## **OFFICIAL TEAM**

Seven skiers plus two alternates and one coach (10).

## **SCHOOL REPRESENTATIVE**

Competing teams or individual contestants shall be accompanied by a member of a school's administration, faculty, or coaching staff. The individual shall be responsible to act on behalf of the member school.

## **COURSE LENGTH**

Pursuit: Freestyle - 5 Kilometers, Classical - 5 Kilometers. Team Sprint: 1.2 - 1.4 Kilometers

## **SCORING PROCEDURE**

The scoring base is the point total that race results are scored from. The scoring base for the Pursuit Event at Section and State Meets is 80. This would be the point base for all races. The scoring base is not affected if a skier does not show or finish the race.

In team scoring, the first-place finisher of the pursuit event receives the full value of the scoring base. (Scoring Base of 80) Each successive finisher in the pursuit event shall score one point less than the previous place. Each team member will hold his or her place in the final standing. In case of a tie, the skiers share the value of their positions. All skiers shall maintain their individual ranking or team ranking.

In team scoring, the first-place team Sprint Team will score the full value of the Team Sprint scoring base. Each successive team will receive 3 points less than the preceding team. (Scoring base of 80+79=159, 1<sup>st</sup> Place is 159 points, 2<sup>nd</sup> Place is 156 points, 3<sup>rd</sup> Place is 153 points..... )

The team (3 pursuit skiers and the sprint team) with the highest overall score shall be declared the winner. Teams with fewer than three (3) finishers shall be included in the team point totals. At the State Meet, non-team qualifiers will ski only as individuals and will not be included in the team scoring. At the State Meet, sprint teams that qualified separately from a team will not be included in team scoring but will be eligible for place awards.

## **TIE BREAKER FOR TEAM SCORING**

1. Combine the times for the fastest three finishers in the pursuit event. The team with the fastest combined time shall prevail.
2. If a tie still remains, go to the tied teams' sprint squad. The team with the best placing team sprint shall prevail.
3. If a tie still remains, go to the teams' fourth place finisher in the pursuit event. The team with the best fourth place skier shall prevail.

## **ENTRIES FOR SECTION MEETS**

Eight-section meets will be conducted in boys and girls Nordic ski racing.

- A. Each member school may enter a maximum of seven skiers. Up to five (5) skiers will race in the pursuit events and two (2) skiers will race in the Sprint Team.
- B. A team shall consist of a maximum of seven skiers and two alternates.

## **SECTION MEET ENTRY FORM**

All information and instructions for section meets will come from the Section Meet Manager.

## **ADVANCEMENT TO THE STATE BOYS AND GIRLS NORDIC SKI RACING MEET**

- A. **Team:** The first and second place team in each section meet shall advance to the state meet. A team shall consist of a maximum of seven skiers plus two alternates.
- B. **Individual - Pursuit:** The first four (4) pursuit skiers not on the top two teams shall advance to the state meet.
- C. **Team Sprint:** The fastest Sprint Team not qualifying for the state meet as a team shall also advance.

## SECTION AWARDS

- **Trophies:** First and second place teams
- **Medals:** First and second place teams (**official squad is 10**)  
1<sup>st</sup> - 7<sup>th</sup> place Pursuit individuals  
1<sup>st</sup> – 3<sup>rd</sup> Place Sprint Teams

It is a violation of MSHSL policy for a member school or a representative of a member school to establish, distribute or accept any awards not provided by the MSHSL for section or state tournaments.

## TEAM PHOTOS

First and second place section winner requested for state tournament program

## STATE MEET ENTRIES

Team and individual members who participate in the section meet and advance to the state meet as an individual or team member is eligible for awards at the state meet.

## NORDIC SKI STATE MEET SKIER SUBSTITUTION IN TEAM SPRINT/PURSUIT RACES\*

If a school's State Nordic Ski Team member must be taken out of the State Meet:

1. Any skier on that team's State Meet roster may be substituted into the removed skier's start position.
2. Then a skier from the listed alternates must fill the new open start position. No other skiers may be moved to different start positions.
3. Once a skier is taken out of the State Meet, they cannot be put back into the State Meet.
4. No skier can ski in more than one race (Team Sprint or Pursuit Race) at the State Meet

**\*Note:** Substitutions **WILL NOT** be allowed between Prelims and Finals (FIS 326.3.2)

## STATE TOURNAMENT QUALIFYING SCHOOL INFORMATION

Specific information for qualifying schools is available on the MSHSL website - Coaches and AD's Dashboard pages website under State Tournament Resources.

## STATE AWARDS

- **Trophies:** First, second and third-place teams
- **Medals:** First, second, and third place teams (**official squad is 10**)  
1<sup>st</sup> - 7<sup>th</sup> place Pursuit individuals  
1<sup>st</sup> – 3<sup>rd</sup> Place Sprint Teams
- **Certificates:** All participants & one certificate for the coach

**SCHEDULE FORMAT (4-YEAR ROTATION)\***

**2024**

<b>Day 1 - Team Sprint</b>	
Boys	Classic
Girls	Classic

<b>Day 2 - Pursuit Race</b>	
Boys	Freestyle Interval Start
Girls	Freestyle Interval Start

Boys	Classic Pursuit
Girls	Classic Pursuit

**2025**

<b>Day 1 - Team Sprint</b>	
Boys	Freestyle
Girls	Freestyle

<b>Day 2 - Pursuit Race</b>	
Girls	Freestyle Interval Start
Boys	Freestyle Interval Start

Girls	Classic Pursuit
Boys	Classic Pursuit

**2026**

<b>Day 1 - Team Sprint</b>	
Girls	Classic
Boys	Classic

<b>Day 2 - Pursuit Race</b>	
Boys	Freestyle Interval Start
Girls	Freestyle Interval Start

Boys	Classic Pursuit
Girls	Classic Pursuit

**2027**

<b>Day 1 - Team Sprint</b>	
Girls	Freestyle
Boys	Freestyle

<b>Day 2 - Pursuit Race</b>	
Girls	Freestyle Interval Start
Boys	Freestyle Interval Start

Girls	Classic Pursuit
Boys	Classic Pursuit

**\*This schedule is subject to change based on weather and course conditions.**